

# ESH NEWS

A NEWSLETTER FOR EMPLOYEES OF

EVANSVILLE STATE HOSPITAL

## ***ESH PATIENTS HAVE THE BEST CHRISTMAS EVER!***

"I've had the best Christmas ever!" was one sentiment written on the thank you cards by patients after the unit gift opening parties on December 17-21st. This sentiment truly depicts the wonderful holiday season our patients had this year. There were plenty of gifts for every patient, thanks to our 100+ dedicated Christmas sponsors and the tremendous community support we received. In addition to opening several presents at the unit parties, every patient received three gifts on Christmas morning. One young lady remarked that she "didn't expect much" but was overjoyed by the nice clothes she received. As with each year, there were a few hoots and hollers when the gift they had been hoping for was received. Many couldn't wait to wear their new apparel, some putting it on immediately and wearing it the rest of the day. And "oh what fun" we had at the gift opening parties. Each year the Christmas Work Group comes up with some fun, family oriented games to play just like you would during any family gathering. The patients played games of pictionary and trivia as well as guessing games that had patients guessing how many berries were on a mistletoe and guessing popular Christmas carols from one-liners. Some of the games had patients up and moving such as the bow relay, snowball toss, and Christmas card toss. One of the funnier games was decorating staff like a Christmas tree. Staff were donned with garland, paper ornaments, ribbons, and bows. Teamwork was definitely

involved to complete the decorated tree with the winning team being the first to circle the newly decorated tree and sing "Oh Christmas Tree". Special thanks to our trees, employees ***Ernie Ernsperger, Cathe Fulcher, Mike Morris, Dale Rhoads, Patti English, and Jason Hortin.***

Kudos go out to our mental health associations for their continued support. Numerous gifts, monetary contributions, as well as gift cards and phone cards were received this year. Thank you and your members!

***Mental Health America of Vanderburgh County  
Vigo County MHA  
Knox County MHA  
Hendricks County MHA  
Daviess County MHA  
Gibson County MHA  
Dubois County MHA  
Greene County MHA  
Parke County MHA***

Please know that the gifts sent do impact our patients, helping with clothing needs and leisure activities throughout the year. Your efforts send a message to our patients that someone does care and promotes hope in their recovery.

A special thank you to those who contributed to the Christmas Fund this year which assisted with party supplies, entertainment, refreshments, and gifts:

***AFSCME Local 289  
Imogene Behagg  
Dr. Melba Briones  
Joseph & Charlotte Day  
Michael & Anna Ennis  
Insurance Women of Evansville  
Evelyn Lemmons  
Meritain Health  
St. John's United Church of Christ Women's Guild***



*Jason Hortin, Patti English, and Dale Rhoads are good sports with the Christmas Tree Wrap game at the unit gift opening parties.*

### ***IN THIS ISSUE***

<b><i>Working Healthy in 2008</i></b>	<b><i>2</i></b>
<b><i>Information Exchange</i></b>	<b><i>3</i></b>
<b><i>Christmas Store Benefits Pt Fund</i></b>	<b><i>4</i></b>

**WORKING HEALTHY IN 2008!**

E Shape (Evansville State Hospital Actively Promoting Exercise) was started through the INShape Indiana initiative of Governor Mitch Daniels in an effort to help all Hoosiers become more active and healthy, including in the workplace. The interest in wellness is evident at ESH with 55 employees forming 15 teams to compete in the Third Biggest Loser Challenge which began on January 7th in conjunction with INShape Indiana's 10 in 10 Challenge. The Biggest Loser Challenge will conclude on March 4 with the team with the largest weight loss percentage as well as the individual male and female with the largest weight loss percentages receiving cash prizes from the \$5.00 entry fee collected from employees.



INShape Indiana's 10 in 10 challenge this year will focus on fitness and nutritional tips that will help you at your worksite and hopes to motivate co-workers in the process. Log onto their website to find details about the program and how to enroll at [www.inshape.in.gov](http://www.inshape.in.gov). The motivational factor among co-workers was unmistakable in the fall 2007 challenge by Logansport State Hospital to walk more steps in a 10 week period than ESH employees. Over 100 ESH employees initially responded to the challenge that LSH dubbed "North vs. South". An average of 64 ESH employees participated each week and logged in their step counts. The North vs. South Step-It-Up Challenge resulted in ESH employees logging in 54,083,868 steps during the 10 weeks, compared to LSH's 16,785,871 steps. An average of 89,348 steps were counted each week by ESH employees. The hospital's weekly high steppers were **Linda Chandler, Patti Grace, Terri Matlock, Cindi Gehlhausen, Sue Austin, Carolyn Williams, Dana Brown, Brenda Roper, Sherry Breeden, Mary Dimmett, Vicki Julius, Mary McBride, Buff Fallen, Barbara Payne, Monica Hochgesang, and Peggy Mayes** who lead our team to victory. These high steppers were given buttons to wear to identify them as leaders in the challenge and motivate others to 'Step-It-Up'. This challenge had many from all areas and departments walking at home, during breaks, and before and after work. We definitely saw an increase of walkers on campus. We are grateful for **Deaconess Hospital** who supplied us with 100 pedometers to participate in this wellness endeavor.

**JANUARY HOLIDAYS**

January 1—New Year's Day

January 21—Martin Luther King, Jr. Day

**IN MEMORY OF JAN KELSEY**

A tearful goodbye to **Jan Kelsey, Business Administrator**, who passed away on December 26th. Our condolences go out to her family and friends. We will miss Jan's expertise in the Fiscal Management Department where she worked for the past 10 years. Jan was committed to our mission and demonstrated this by



her care and support of the patients here. Jan commented on several occasions how grateful and pleased she was for all the kind expressions of caring that she received from so many during her illness. Contributions to the Patient Recreation Fund were made in her memory.

*A Note from the Kelsey Family:*

*The family of Jan Kelsey would like to express their sincere gratitude for the prayers, love, compassion and support you have given to her over the last several years of sickness and ultimate death.*

*For all of the remembrances sent to Jan while resting at home, thank you. They were such a joy and comfort for her. After her death the flowers sent were beautiful, mementos so meaningful and the food greatly appreciated by her family.*

*Jan loved working at Evansville State Hospital and her ultimate goal was to serve the clients. Her sincerity and truthfulness will be missed by all.*

*Again, a heartfelt thank you to everyone for all the expressions of sympathy shown to Jan and her family during this time of sadness.*

**BIRTHDAY RECOGNITION**

Each month, the hospital's Recognition Committee draws out a lucky birthday winner who is awarded a \$10 Walmart gift card to help celebrate his/her birthday. This is just one of the employee recognition events that the committee promotes throughout the year. To participate in the birthday program and have your name posted during your birth month on employee bulletin boards, contact the Human Resources Department.

The lucky birthday winner for January 2008 was Jason Hortin, Psychology. Congratulations!

## Information Exchange

### Noteworthy Recognition

Congratulations to the following employees for being recognized for a job well done in the past month:

*Cathy Brandenstein, Nursing Service*  
*Linda Chandler, Nursing Service*  
*Tanae Chinn, Nursing Service*  
*Marlene Fox, Nursing Service*  
*Kathy Griffith, Central Distribution*  
*Shane Hickrod, Nursing Service*  
*Debra Lunsford, Nursing Service*  
*Terri Matlock, Nursing Service*  
*Carolyn Williams, Nursing Service*  
*Debbie Young, Nursing Service*



Looking for fitness activities to start your new year right? Check out these upcoming community walks:

- The Souper Bolt 5K walk on the Riverfront, Downtown February 3, 12:00 p.m.  
488-5465 or [race.solutions@gmail.com](mailto:race.solutions@gmail.com)
- 4th Annual Mater Dei 5K, Mater Dei High School March 1, 9:00 a.m.  
Matt Krack at 760-1795 or [runwithitdesign@yahoo.com](mailto:runwithitdesign@yahoo.com)
- Run of Luck 7K, The Centre March 15, 9:00 a.m.  
Jim Bush at 401-4249 or [busssshboy@aol.com](mailto:busssshboy@aol.com)

Aerobics Program

ESH Gym (open to all staff)

Tuesdays and Thursdays at 4:00 p.m.

Discounts for state employees can be found at <http://www.in.gov/jobs/programs/discount.html>. Please refer potential vendors who may want to join the State of Indiana's discount program to Theresa Arvin at ext. 4970.

Lost & Found—located in Community Services. Check for items lost over the holidays.

Look for updates to the training calendar in the folder J:\InformationHub\TrainingCalendars.

The Men of C.O.L.O.R. (Come On, Let's Overcome Racism) will perform on Saturday, January 19 at 1:00 p.m. in the gym for all patients to celebrate the Martin Luther King Jr. Holiday.



Black History Month activities are being planned for the week of February 18th that will include a movie and bus skit performed by our residents.

Kudos to our volunteer groups that came out in December, many hosting holiday parties. The Hospital Wide Christmas Party held this year on December 9th brings out the largest numbers of volunteers each year. Simultaneous parties take place throughout the hospital. Patients are treated to some wonderful gift items, caroling, crafts, and refreshments. Our patients look forward to our visitors and are grateful for their time and fellowship, especially during the holiday season. Please know that you are also in their prayers.

*East Side Lion members serve their traditional barbecue meal to D Unit patients at the Hospital Wide Christmas Party.*



*Thank You*

**Oak Hill Baptist Church**

**St. Vincent DePaul Society— St. Benedict Cathedral  
F.O.C.U.S.**

**Our Saviour Lutheran Church**

**Social Work Club—University of Southern Indiana  
Fairlawn United Methodist Church**

**Men of C.O.L.O.R.**

**East Side Lions**

**Hadi Shrine Brass Band**

**American Legion Auxiliary**

**Central Labor Union**

*Thank You*



# ESH NEWS

Evansville State Hospital  
3400 Lincoln Avenue  
Evansville, IN 47714  
(812) 469-6800

**ESH NEWS** is published monthly for employees and friends of Evansville State Hospital. News items are welcome. They should be submitted to the Community Services Office by the 20th day of every month.

Vol. 21 No. 1  
January, 2008  
Editor - Theresa Arvin  
Evansville State Hospital  
Division of Mental Health  
And Addiction  
Indiana Family & Social Service  
Administration



## ESH NEWS

### CHRISTMAS STORE BENEFITS PATIENT RECREATION FUND

A one day sale of items, many pieces made by our patients, netted \$383.10 for the Patient Recreation Fund. **Cindi Gehlhausen** and **Donna Mesker** found their storage area in the Treatment Mall was becoming overwhelmed with craft items patients made in programming and left behind. Patients are encouraged to give their homemade items to family and friends; however, this does not always happen. That spurred the Christmas Store, which consisted mainly of ceramic items including bowls, mugs, figurines, holiday characters, candle holders, spoon rests, and garden stones. There were also a few woven rugs, holiday cards and tags, and several miscellaneous items. The items were pictured on an internal site prior to the sale for employees to view as the sale was first come, first serve throughout the day on Thursday, December 6th. "This was the first holiday sale of it's kind and may be the first of many." said Cindi Gehlhausen. Employees were proud of their wares and bargains, and happy to support our patients.



*Homemade cards and tags sold out quickly at the Christmas Store.*



*These ceramic pieces are samples of items sold at the Christmas Store.*

#### HELLO

*Erika Donelson, Nursing Service*

#### GOODBYE

*Stacy Ford, Nursing Service*

*Joanna Helmbock, Fiscal Management*

*Carol Huffman, Staff Development*

*Karen Lowe, Nursing Service*

*Chris Marsh, Physical Plant*

*Susan Newton, Nursing Service*

A HAPPY  
NEW YEAR

